



## Discover your Raleigh Parks and Recreation Department

### Youth Programs

#### Friday Night Fun

Age 4 yrs. - 11Y

If your child LOVES pizza, movies, games or arts and crafts and if you would LOVE some time with your friends or significant other, keep reading! We will entertain your child with theme related games, food and/or crafts based on the night's movie. Register them with a friend and go out for a night on the town!

Registration at least two days prior to the program date is required. \$15 (5:30 pm - 9:00 pm)

#107968	May 20	Bolt
#107969	Jun 17	The Incredibles
#107970	Jul 15	Kung Fu Panda
#107971	Aug 19	Space Jam

#### Dance - Tap, Step 'n Jazz

Age 4 yrs. - 7Y

Learn, perform and enjoy the beautiful discovery of dance. Leap, jump, spin, rock, roll, heel/toe, locomotive movement, up tempo, and moderate rhythmic music.

Instructor: Ms. Khadija (Coach K) \$40

#108471	May 31-Jun 21	Tu	5:15 pm - 5:45 pm
#108472	May 3-24	Tu	5:15 pm - 5:45 pm
#108473	Jun 1-22	W	7:15 pm - 8:00 pm
#108474	Jul 6-27	W	7:15 pm - 8:00 pm

#### Martial Arts - American Kenpo Karate

Age 7 yrs. and up.

Learn traditional American Kenpo Karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self defense. All students from youth to adult will enjoy personal benefits from karate while challenging yourself both mentally and physically. This is a family class, have fun while learning together. Classes taught by certified organization. Testing and certification will require an additional \$25.00 fee paid to instructor.

Instructor: Mr. Jim LeClair. \$44

#109998	May 3-26	Tu, Th	6:00 pm - 7:00 pm
#109999	Jun 2-28	Th, Tu	6:00 pm - 7:00 pm
#110000	Jul 5-28	Tu, Th	6:00 pm - 7:00 pm
#110001	Aug 2-25	Tu, Th	6:00 pm - 7:00 pm

#### Martial Arts - Karate Kids

Age 5 yrs. - 12Y

Karate Kids introduces Shotokan karate to develop self defense, quicker reflexes and conditioning. Etiquette, self control and respect are taught along with straight, correct punches, strikes and kicks in the spirit of traditional Japanese karate. Instruction provided by Triangle's Best Karate. \$36

#108484	May 5-26	Th	5:00 pm - 5:45 pm
#108485	Jun 2-23	Th	5:00 pm - 5:45 pm
#108486	Jul 7-28	Th	5:00 pm - 5:45 pm
#108487	Aug 4-25	Th	5:00 pm - 5:45 pm

#### Martial Arts - Karate Tikes

Age 4 yrs. - 6Y

Karate Tikes blends karate and gym drills to teach basic self defense movements and concentration in a safe environment for young learners. No experience is necessary. Instruction by Triangle's Best Karate. \$36

#108488	May 3-24	Tu	5:15 pm - 5:45 pm
#108489	Jun 7-28	Tu	5:15 pm - 5:45 pm
#108490	Jul 5-26	Tu	5:15 pm - 5:45 pm
#108491	Aug 2-23	Tu	5:15 pm - 5:45 pm

#### Super Hero Boyz

Age 4 yrs. - 7Y

Super Heroes to the rescue! Come on, let's fly! Your young one will leap with multi jump routines and action fun. We will practice some safe tumble routines and play adventure games. They can come dressed up as Superman, Batman, Ninja Turtle and more while they jump, tumble, roll, flip and play Super Hero stunts and games! Instructor: Coach K. \$42

#108138	Jun 6-27	M	6:00 pm - 6:45 pm
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#### Basketball - Hoops

Age 10 yrs. - 12Y

Keep your skills sharp! We'll work on shooting, defense, position play and overall understanding of the game while having fun! Be sure to wear comfortable clothes and sneakers. Instructor: Coach K. \$40

#108394	May 4-25	W	7:15 pm - 8:00 pm
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# Laurel Hills Center

# Summer Programs 2011

## Basketball - Hoops Hopefuls

Age 6 yrs. - 9Y

A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship.

Instructor: Coach K. \$40

#108440 May 7-28 Sa 2:00 pm - 2:45 pm

#108441 Aug 6-27 Sa 2:00 pm - 2:45 pm

## Basketball - Shooters

Age 4 yrs. - 7Y

A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship. \$40

#108438 May 7-28 Sa 1:00 pm - 1:45 pm

#108439 Aug 6-27 Sa 1:00 pm - 1:45 pm

## Football - Tacklers

Age 4 yrs. - 7Y

Your tough tackler will be introduced to the basics of football fun, including safety, kicking, passing and positions. Helps develop listening skills, hand-eye coordination as well as good sportsmanship. Instructor: Coach K. \$40

#108422 Aug 6-27 Sa 11:15 am - 12:00 pm

## Hockey - Pucksters

Age 4 yrs. - 7Y

Come join the fun and learn the basic skills of street hockey. Goal tending, scoring, passing and teamwork are just a few of the skills introduced in this course. Participants enjoy a social and fitness sports class all in a noncompetitive learning environment. Instructor: Coach K. \$40

#108140 Jul 11-Aug 1 M 6:15 pm - 7:00 pm

## Scooter Soccer

Age 4 yrs. - 7Y

Soccer skills and drills with scooter fun. Little athletes will practice dribbling, kicking, passing and ball maneuvers. Benefits include great sportsmanship, fitness, motivational enhancement and coordination.

Instructor: Coach K. \$40

#108262 Jun 6-27 M 4:00 pm - 4:45 pm

## Soccer - Kickers

Age 6 yrs. - 9Y

G-O-O-O-A-L! This class will help develop the basic fundamentals of soccer including passing, dribbling, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! \$40

#108264 Jun 6-27 M 5:00 pm - 5:45 pm

## T-Ball - Sluggers

Age 4 yrs. - 7Y

Introduction to T-ball skills using activities that teach fielding, hitting, throwing, and catching. This basic sports program will also help build your child's coordination and confidence in a fun, non-competitive atmosphere. Instructor: Coach K. \$40

#108287 Jun 29-Jul 20 W 6:15 pm - 7:00 pm

#108288 May 4-25 W 6:15 pm - 7:00 pm

## Princess Ballerinas

Age 4 yrs. - 7Y

Ballerinas will enjoy the beauty and grace of ballet. We will learn, reinforce and perform the basics. Dancers will explore their own artistic expressions through techniques, form and level variations with spatial and locomotive dance skill development. These activities promote body awareness and talent discovery. Fun, educational concepts are incorporated through terms and compositional movement experiences. Instructor:

Ms. Khadija (Coach K) \$42

#108455 May 4-25 W 5:15 pm - 6:00 pm

#108456 Jun 4-25 Sa 2:00 pm - 2:45 pm

#108462 May 2-23 M 12:30 pm - 1:15 pm

## Dance - Hip Hop Jam

Age 4 yrs. - 7Y

Learn the basics of jazz with a hip hop flare. Have fun with the latest street dancing while developing body awareness, self image, and confidence. Traditional and innovative steps introduced along with rhythmic movement. Learn heel toe, Atlanta stomp, step and more. Instructor: Ms. Khadija (Coach K) \$42

#108447 Jul 2-23 Sa 2:00 pm - 2:45 pm